

## PROGRESS IN CELL BIOLOGY

### Experimental Cell Research

Edited by Torbjörn Caspersson and Ludwik Monné. Supplement 1. (Proceedings of the 6th International Congress of Experimental Cytology, Stockholm, July 10th-17th, 1947.) Pp. xi+604. (Stockholm: Wenner-Grens Institute and Albert Bonnier; New York: Academic Press, Inc., 1949.) n.p.

THIS volume is of importance for several reasons. The Sixth International Congress of Experimental Cytology at Stockholm in 1947 (see *Nature*, 160, 443; 1947) was the first of its kind after the War; it marked the re-establishment of the necessary international contacts between biologists, and gave a résumé of the work that had been in progress in each country during and since the war years.

The appearance of this book marks the inception of a new international journal for experimental cytology, which thus begins with a supplement. The need for such a journal is deeply felt by all students of cellular biology, who would wish those responsible for this new venture every success. Prof. T. Caspersson and Dr. L. Monné have undertaken the very considerable task of editing the present volume. It is perhaps ungenerous to complain that some of its value has been lost by its appearance two years after the Congress has taken place. No doubt the editors share this view. It is likely that many of the authors of these contributions could now add much to the reports that they gave to the Congress more than two years ago.

In this volume there are more than 120 separate entries which range in subject from the chemistry of strains of tobacco mosaic virus to the transplantation of the eyes of salamanders. There will be little doubt that the most distinguished contribution is Prof. K. Linderström-Lang's lecture on the profound and still obscure subject of protein synthesis. At this Congress, specially prominent were new techniques such as cell fractionation methods and electron microscopy. The latter is the subject of six papers in this volume, which well illustrate the varying fruitfulness of the application of the electron microscope to different biological material and problems. The studies on striped muscle fibres and isolated muscle proteins of Jakus and Hall are of acknowledged importance; but it may be doubted whether the pictures of smears from glioma cells in the paper by Dr. H. Fernández-Morán bear any relation to the structure of living cytoplasm. The contributions from Prof. Caspersson's own institute are limited to two short papers, one by Drs. B. Malmgren and C. G. Hedén on nucleotide metabolism in bacteria, and the other by Dr. B. Thorell on erythropoiesis. The work of both has already been published elsewhere in full.

One doubts whether the width of interest of many biologists will be sufficient to induce them to read the whole of this large volume, and reports of such large Congresses might well enjoy a wider circulation if they could be split into two or even more sections, each perhaps with the major 'set-pieces' of the Congress. Though it is obvious that the use of a finer screen for the plates and better paper would have added greatly to the cost of this volume, it is greatly to be hoped that the standard of reproduction of photomicrographs in the journal proper will be a higher one.

ARTHUR HUGHES

## MENTAL HYGIENE FOR THE STUDENT AND TEACHER

### Psychology of Personal Adjustment

Student's Introduction to Mental Hygiene. By Prof. Fred McKinney. Second edition. Pp. xi+752+12 plates. (New York: John Wiley and Sons, Inc.; London: Chapman and Hall, Ltd., 1949.) 36s. net.

THE author of this book states that it is "an accumulation of suggestions from psychological, biological, sociological and educational literature which the student may use in developing his personality with the facilities on the campus". The aim of it is to enable him to attain personal adjustment, and, by doing so, to reach adult emotional status. It is a text-book of practical mental hygiene by an experienced educational psychologist—the author is professor and chairman of the Psychological Department of the University of Missouri.

The book itself is composed of papers which can be read either separately or in sequence as chapters. The sections are devoted to such subjects as adjustment to college work; concentration, learning and thinking; personal efficiency; understanding oneself; development of personality; creative adjustment; social proficiency and leadership; affections and conventions; marital adjustment; emotional stability; self-confidence, and so on. At the end of each chapter is a list of references, about six hundred in all, and everything is adequately documented. All this must represent an enormous amount of work.

Unfortunately the book is grossly marred by an excess of Americanisms which are often unintelligible to other English-speaking readers. Such expressions as "bull-sessions", "yell-leaders" and so on are puzzling. Here is an extract from a case-history—where the worst of such are to be found—"The boy in the case had just caught a punt with his usual deftness when two ends crashed into him, hurling him to the ground". Yet, in spite of these obvious blemishes, there is a great deal of valuable material here. Much of it would be difficult for the student to unearth for himself from the literature: this is particularly so in the case of the chapters on the technique of work and the psychology of study. A certain amount of the social side is not much related to British life, and a little of the writing has a flavour of uplift which may repel some people.

It is mainly because of the style that the book does not give the impression of going very deeply into the material which, indeed, does cover a very large field. This feeling is increased by the fact that the psychological chapters deal with the student's problems mainly from the point of view of consciousness and neglect the deeper unconscious factors in maladjustment. Some of the suggestions for dealing with emotional derangements have been taken from questionnaires filled in by students and cannot be expected to be of much value. Depression, for example, is unlikely to be improved by the suggested brisk walk, and so on.

Apart from the faults which have been noticed, it is obvious that the book has been written with honest intention, and does make a real attempt to penetrate into the student's difficulties. It is well printed on good paper with adequate illustrations. The index is comprehensive and covers thirty-three pages. The binding is pleasing. CLIFFORD ALLEN